

# Eating for Better Energy

## Maximize Your Energy and Minimize Binges and Cravings with Balanced Nutrition



Make sure your meals and snacks contain the three nutrient groups (carbs, protein and fat). This combination helps stabilize your blood sugar and thereby your energy. Making sure your meals/snacks have some protein, along with the carbs, is very important for maintaining your energy.

**Carbohydrate foods:** breads, pastas, rice, starchy vegetables such as corn, potato, sweet potato and bananas or sugary foods (juices, sodas, cookies, cakes, candy, etc.)

**Protein foods:** beans such as pinto, refried, black, chick peas, lentils, etc., dairy products, meat, poultry, fish, nuts, soy products such as protein powder, tofu, soy hot dogs/burgers and water-packed tuna.

### Healthy fats and foods that contain them:



canola, extra virgin olive, peanut and safflower oils; nuts, nut butters ('natural' or fresh ground); avocado, flax seed oil, salmon, mackerel and sardines. Avoid saturated and hydrogenated fats.

**Choose meals that have a 3:1 carbohydrate:protein ratio.** For example, if you eat 3 servings of carbohydrate foods, you should have 1 serving from the protein group at that meal.



**Avoid caffeinated drinks. Caffeine** tends to promote energy lows after the initial high and carbohydrate cravings.

### Eat at least these minimum amounts of fats.

Make sure you are choosing the healthy ones listed above: 5-10 grams for breakfast; 10-20 grams fat at lunch and dinner, and about 3-5 grams per snack.

- Use low-fat rather than non-fat foods to boost fat if you are getting less fat than what's suggested above

What follows are meal ideas that show how to balance your meals for an energizing effect. Most of the meals and snacks contain carbohydrates and protein in approximately a 1:3 ratio. You don't have to follow the menu amounts religiously, but try to maintain the ratio. You may need more or less food than indicated on the menu.

## Meal Ideas\*

### Breakfast

- Toast with peanut butter*, 1-2 slices, glass of lowfat or skim milk
- Instant oatmeal* prepared with 1% or skim milk (instead of water). Also, stir in 1 T low fat cottage or ricotta or cheese to cooked oatmeal or top with a sprinkle of chopped nuts\*
- Protein Smoothie:* Banana, 1 cup lowfat or skim milk, 1 scoop protein powder or 1 T peanut butter. Add ice if desired. Blend until smooth.



### Lunch

- Turkey Sandwich:* 1-3 slices turkey breast, 1 slice low fat or regular cheese or mayonnaise, lettuce, tomato and any other veggies (if desired), whole wheat bread, mustard if desired; baby carrots with lite ranch dressing dip; baked crackers or baked chips
- Hamburger,* small or large (avoid cheeseburger and eliminate the mayonnaise if you want to reduce the saturated fat and sodium) or grilled chicken sandwich; salad or baked potato topped with broccoli and cheese; lowfat frozen yogurt

### Dinner

- Pasta and grilled chicken strips,* topped with your favorite tomato-based pasta sauce; at least 1 cup Italian medley vegetables (in frozen section; prepare according to package directions)
- Roasted chicken* (remove skin to reduce saturated fat); roll or cornbread; at least 1 cup broccoli/ vegetable medley, salad or cole slaw



### Snacks (only if hungry):

- 1 fresh fruit + 1 cheese stick (string, mozzarella, mozzarella/cheddar mix)
- handful nuts (cashews, peanuts, etc.) + fresh fruit
- Balance Bar*®, *Spirutein*® bar, *Ironman PR*® bar or any other '40-30-30' nutrition bar.

\*unless indicated otherwise, **water** is the recommended beverage with all meals and snacks